

December Fun Festivities for All

Ninety-five tons of snow will create a winter wonderland at Norwalk City Hall Lawn at the Annual Snowfest on December 1. Children will play in the snow area and take turns sledding down the snow slides. Guests will enjoy live entertainment and shopping from an assortment of crafts and creations handmade by local and area artists and vendors at the Holiday Boutique. In the evening, Tom Phillip's Norwalk All-City Band will entertain guests with a medley of festive songs at the Tree Light Ceremony. The Mayor of Norwalk will treat guests to the annual reading of "Twas the Night Before Christmas" just before lighting the tree. The night will end with Santa Claus, Mrs. Claus, and their helpers riding in on their sleigh to take pictures with the children.



SnowFest 2007 Schedule of Events

Boutique, Snow Slides, Craft Tent, Snow Play Area, and Game Booths	10:00 a.m.-3:00 p.m.
Holiday Entertainment	5:00 p.m.-5:45 p.m.
Tree Lighting Ceremony	6:00 p.m.-6:15 p.m.
Santa's Visit	6:15 p.m.-8:00 p.m.

Santa's Sleigh is Coming to Town

This year's Santa Sleigh tour begins on December 1 at the Annual Snowfest and Tree Lighting Ceremony. Hundreds of youngsters and their families will line up to take pictures with St. Nick. From then on, the Sleigh will visit every neighborhood in Norwalk until Christmas. Just check the schedule inside this Norwalk Now to find out when the Sleigh will be in your neighborhood. The City thanks the Santa Sleigh Foundation members Frank Napolitano, Paul Apodaca, Luigi Vernola and especially Luigi's daughters Lisa and Kristina. Thanks to the hundreds of residents and City staff who work tirelessly every year to make this program a reality.



NORWALK CITY COUNCIL

Mayor RICK RAMIREZ Vice Mayor MICHAEL MENDEZ Councilmember CHERI KELLEY
 Councilmember JESSE M. LUERA Councilmember GORDON STEFENHAGEN

L.A. Opera Comes to William Orr School



William Orr Elementary School really struck a chord on Nov. 5 when the Los Angeles Opera assisted with their performance of “The Marriage of Figuroa” in the school’s multipurpose room.

Teacher David Stanton said that the opera, based on “The Marriage of Figaro” by Wolfgang Amadeus Mozart, is part of the education program for the L.A. Opera and includes five weeks worth of rehearsals and an art workshop where the students make their own costumes. He directed the 60-plus students in their roles as “campesinos” in the fictitious town of Aguas Frescas.


Professional opera singers Karen Hogle-Brown, Heather Calvete, LeRoy Villanueva and Roberto Gomez performed with the students while a dozen other members of the L.A. Opera worked to make the show a huge success.





You are cordially invited to the dedication of...

SARA MENDEZ PARK

11660 Dune Street
Saturday, December 8, at 11:00 a.m.



There will be a special visit from Santa Claus!

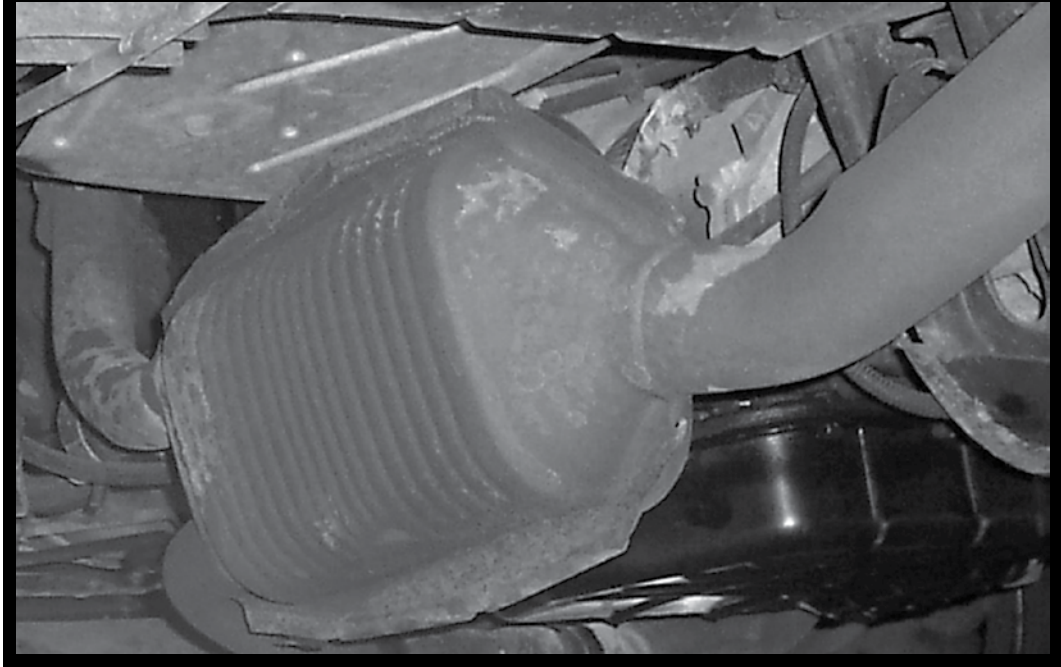


For more information please call (562) 929-5702.

PUBLIC SAFETY CORNER

Catalytic Converter Theft

The Norwalk Sheriff’s department is reporting a series of catalytic converter thefts throughout Norwalk and surrounding communities. Toyota pick-up trucks are the main targets, mostly late-80s to mid-90s models. Targeted vehicles were parked on the streets or in driveways and the converter is accessed from underneath the vehicle. If you have any questions or have information regarding this crime please call the Norwalk Sheriff Station at (562) 863-8711.



Senior Center Gets New Exercise Bike



Left to right: Marlene Hardy President, Norwalk Senior Citizens Center, Inc., Jim Judson from the Committee on Aging, Bill Clark, president of the Norwalk Community Coordinating Council and Carolyn Ryan, president of the Senior Citizen Committee.

The Norwalk Senior Citizens Center is ramping up its fitness efforts with a new stationary recumbent bike generously donated by several local organizations.

The bike, donated by the Norwalk Community Coordinating Council, Norwalk Committee on Aging and the Norwalk Senior Citizens Center, Inc., replaced an outdated model in the fitness center.

The Norwalk Senior Citizen Center is located at 14040 San Antonio Drive and its programs are open to those ages 50 and older. Use of the fitness room is free with registration and requires an orientation by the staff. For additional information on the Norwalk Senior Center and its programs please call (562) 929-5580.

Be an Angel, and Make a Difference in the Life of a Child!

The City of Norwalk’s Angel Tree Project: “A Gift of Clothing”



Angel Tree is an annual project that benefits approximately 1,500 less fortunate children (Grades K-5) in our Community. Help make a child’s holiday season special by becoming an Angel Tree contributor this holiday season. Simply select an Angel Tree tag, purchase an article of clothing, and return the wrapped gift with the tag to the Angel Tree site by Dec. 10. Your gift, toys and other goodies will be given to these children at a holiday celebration in December. Another way to help is by providing a monetary donation to help provide the children with a holiday celebration that would not be possible if it wasn’t for the help of the Norwalk Community. Please do not wait any longer - pick up an Angel Tree tag at any of the following public Angel Tree sites:

- American Legion Post, 11986 Front St.
- Cerritos College Bookstore, 11190 Alondra Blvd.
- L.A. County Registrar Recorder, 12400 Imperial Hwy.
- Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.
- Norwalk Chamber of Commerce, 12040 Foster Rd.
- Norwalk City Hall, 12700 Norwalk Blvd.
- Norwalk Regional Library, 12350 Imperial Hwy.
- Norwalk Senior Center, 14040 San Antonio Dr.
- Norwalk Social Services Center, 11929 Alondra Blvd.
- Wal-Mart Store #5164, 11729 Imperial Hwy.
- Washington Mutual 11618 Rosecrans Ave.

Supporter tags may be purchased at the following locations:

- Childcare Services, 12035 Firestone
- Senior Center, 14040 San Antonio Dr.
- Social Services Center, 11929 Alondra Blvd.

For more information, call the Norwalk Social Services Center at (562) 929-5544.

Santa Claus is Coming to Town! 2007 Santa Sleigh Stops in Norwalk

Santa, Mrs. Claus, and their favorite elves are making their journey through Norwalk to spread holiday cheer. While in town, Santa will take requests for special Christmas wishes and pose for photographs with children. You may bring your own camera or let us take an instant photograph for a nominal fee. Please Note: In the event of rain or inclement weather, some stops may be cancelled or rescheduled. Please call 929-5956 if you have any questions. Santa will be at these stops:



Saturday, December 1 Tree Lighting Ceremony City Hall Lawn	6:15 p.m.	Monday, December 10 Chavez Elementary School Cameo Avenue & Rosecrans Avenue 12839 Dilworth Street	6:00 p.m. 7:00 p.m. 8:00 p.m.
Monday, December 3 Cresson Elementary School Vista Verde Park Gard Avenue & Elmhurst Drive	6:00 p.m. 7:00 p.m. 8:00 p.m.	Tuesday, December 11 Volunteer Avenue & Crewe Street Paddison Elementary School Lakeland Elementary School	6:00 p.m. 7:00 p.m. 8:00 p.m.
Tuesday, December 4 Orr Elementary School Studebaker Elementary School Lakeside Middle School	6:00 p.m. 7:00 p.m. 8:00 p.m.	Wednesday, December 12 Sanchez Elementary School	6:00 p.m.
Wednesday, December 5 Glazier Elementary School 12641 Kalnor Avenue	6:00 p.m. 7:00 p.m.	Thursday, December 13 TBA Silverbow Avenue & Sproul Street Moffitt Elementary School	6:00 p.m. 7:00 p.m. 8:00 p.m.
Thursday, December 6 Edmondson Elementary School Gerdes Park Barnwall Street & Flatbush Avenue	6:00 p.m. 7:00 p.m. 8:00 p.m.	Friday, December 14 Cheshire Street & Belshire Street	6:00 p.m.
Friday, December 7 Morrison Elementary School Molette Street & Bechard Avenue	6:00 p.m. 7:00 p.m.	Saturday, December 15 14513 Devlin Avenue 14314 Crossdale Avenue	5:00 p.m. 6:00 p.m.
Saturday, December 8 D.D. Johnston Elementary School Spry Street & Curtis & King Road 11243 Lakeland Road	5:00 p.m. 6:00 p.m. 7:30 p.m.	Monday, December 17 Ramona Park	6:00 p.m.

Important Holiday Safety Tips

The City of Norwalk wishes you and your family a fun and safe Holiday Season. Here are some tips to help assure safety in and out of your home.

Personal Safety Tips

- Be aware of your surroundings and people who appear suspicious.
- Shop with a friend or relative.
- Before going holiday shopping, let someone know where you are going and what time you expect to be back.
- Avoid carrying large amounts of cash. Use checks or credit cards when possible to pay for purchases.
- Do not carry a large purse or have your wallet visible.
- If you feel uncomfortable with someone around you, walk to a well-lit area where there are other people.
- Use the ATM machine during the day when people are around.



Guard Against Burglary

- Check all indoor and outdoor lights for defects before using. Do not overburden electrical outlets.
- If possible, keep porch and yard lights on. Well-lit houses are less susceptible to break-ins.
- Avoid placing wrapped gifts in view from the outside.
- If you are going to be away during the holidays, let a trusted neighbor know where you are going to be and how to get in contact with you. You may also contact the Department of Public Safety to have patrol checks of your home while you are away.

Christmas Tree Safety

- Christmas tree fires annually claim the lives of children and adults.
- Consider purchasing an artificial tree (they are much safer and cleaner).
- Before purchasing a live tree, check it for freshness by tapping it on the ground (it should not lose its green needles).
- Cut one inch off the trunk to help the tree absorb water.
- Leave the tree outside until you are ready to decorate it.
- Your Christmas tree stand should hold at least one gallon of water (a 6 foot tree will use one gallon of water every two days).
- Check the water level everyday.
- Secure the tree with wire to keep it from tipping over.
- Keep your tree away from floor heaters, fireplaces, or other heat sources.
- Use UL approved lights and link no more than three strands together.
- Use miniature lights that have cool-burning bulbs.
- Turn off the Christmas lights when you sleep or leave your home.
- Never use candles.
- Dispose of the tree properly.

Military Discount at Knott’s Berry Farm

Knott’s Berry Farm is celebrating the military this November 1-22 (Thanksgiving Day) with special discounts for veterans and their families. All veterans, retirees and present active duty military personnel may visit the park at no charge to them and they may also purchase tickets at \$12.95 for up to six more guests. The veteran must be present to obtain the tickets and proof of service is required. Dependent ID cards are not accepted. There is also a military discount at the resort hotel. Prices are \$75 Sunday through Thursday and \$85 for Fridays and Saturdays.

Possible Dog Park

The City of Norwalk is planning a possible dog park in the area adjacent to the San Gabriel River. The location would be approximately one acre and will include areas for small dogs, larger dogs and maybe a link to the San Gabriel River horse and bicycle trails. The Los Angeles Flood Control District currently owns the proposed area and the City is in talks to acquire the land from the District.



free WiFi))) at the Norwalk Regional Library

All Los Angeles county public libraries, including the Norwalk Regional and Alondra libraries, have WiFi Internet access available for those using a personal laptop. It’s very simple to set up and only requires the following:

- A library card and PIN# (a free service)
- Wireless-enabled laptop computer
- Java-enabled Internet browser (Internet Explorer, Firefox, Netscape, etc.)

For further details please call the Norwalk Regional Library at 868-0775.

Take used oil to one of the following Certified Centers and receive 16¢ per gallon:

- Auto Zone**
13927 S. Pioneer Blvd., (562) 863-8794
- Best Buy Tire Center**
12932 Pioneer Blvd., (562) 868-7724
- Kragen Auto Parts**
12233 Norwalk Blvd., (562) 406-2466
- Okimoto’s Automotive Center**
16400 Pioneer Blvd., (562) 926-7317
- Park’s Auto Care**
10970 Firestone Blvd., (562) 484-3344

Or call 1-800-264-4930 for residential collection.



A SPECIAL THANKS TO OUR TROOPS

The City of Norwalk would like to extend a heartfelt thanks to all the men and women who unselfishly risk their lives to serve our country in the war with Iraq. Our gratitude to all those who have returned home safely, to those who are still serving and our thoughts and prayers to those families who lost a loved one. Thank you for your courage and support to the following Norwalk residents.

Antonio Acero	Edward Castellanos	Omar Galindo	Vincent Lopez	Jeremy Proffitt	Denisse G. Soto
Yvonne Dominguez Acosta	Javier Castillo	Jeremy Gilmore	Mario Marquez	Manuel Ramirez Jr.	Paul David Soto
Edgar Ahumada	Hector Ceja	Eduardo Gonzalez	Beatriz M. Martinez	David Allen Raymond	Oscar De Sousa
Luis Ahumada Jr.	Santos Cervantes	Jose Francisco Gonzalez	Stephanie Martinez	Michael Richards	Vincent Talamantes
Jun M. Modok Alcidi	Desiree Chavarria	Nicanor Gonzalez Jr.	Anthony McCleary	Marilyn Roberts	Glen Tedtaotao
Richard J. Almeida	Adam Conaway	Enrique S. Gutierrez	Roger Molano	Suzanne N. Robinson	Pierre Tedtaotao
Richard R. Alvarez III	Michael Edward Contreras	Hector Gutierrez	Shaun Mora	Marcel Rodarte	Fernando Temblador
Ambrail Amezquita	Trevor Cook	Michael Guzman	Oscar Morales	Rachel E. Rojas	Joseph W. Thomas
Salvador Araiza	Jose Cordero	Miguel Guzman	Tulio Morales Jr.	Samuel Rojas	Fortunato Torres III
Alejandro Arias	Misael Cortez	John P. Harguendeguy	Manuel Steven Moreno	Jessica Y. Gibson Romero	Jay Anthony Torres
Aldo Arroyo	Obed Cortez	Darnell Hatfield	Carlos Muro	David Darrell Rosales	Randall Wayne Turner
Fernando Avalos	Oscar Curioso	Charles J. Hobbs	Armando J. Naylonnavarette	Alexander Salinas	Richard Paul Uribe
Glen K. Baird	Raymundo Delgado	Brent A. Jones	Beninno Ornelas	Oshada Rukshan	Erick Valdez
Michael Ballesteros	Richard Dorn	Joseph Kloby	Miguel Ortiz	Samaranayaka	Robert Valenzuela
Marcus Bazzle	Luis E. Duran	Paul Kocina	Monique Page	Damien Santiago	Jason Valles
Derek Steve Blackshire	Victor Duran Jr.	Eric Kuhns	Fernando Paramo	David Sarabia	Jair Vargas
Chris Bobbit	Armando Escamilla Jr.	Sabrina La Chapelle	Jesus Parra	Josh Saunders	Christopher Vasquez
Brian Buck	Ruben Esqueda	Steven Lauderdale	Steven Pavelski	Larry Sena	Louis Vasquez
James Caddell	Denny M. Estrada	Herbert A. Leal	Kevin Peng	Darryl A. Sombrero	Matthew James Wallace
Robert Cancio Jr.	Jason Farias	Eric Llamas	Donald Poirier	Ernesto Soriano	Crystal White
Daniel Cardiel	Luis G. Felix	Salvador Llamas	Robert J. Prieto	Daniel Soto Jr.	Nathan Yriarte

Post Traumatic Stress Disorder (PTSD) Facts

Anyone who has gone through a life-threatening event can develop PTSD. These events can include:

- Combat or military exposure
- Child sexual or physical abuse
- Serious accidents, such as a car wreck.
- Natural disasters, such as a fire, tornado, hurricane, flood, or earthquake.
- Terrorist attacks
- Sexual or physical assault

After the event, you may feel scared, confused, or angry. If these feelings do not go away or they get worse, you may have PTSD. These symptoms may disrupt your life, making it hard to continue with your daily activities.

Symptoms

PTSD is characterized by a specific group of symptoms that sets it apart from other types of reactions to trauma.

- **Re-experience of symptoms:** Thoughts and reminders of the trauma when awake, or nightmare during sleep, may trigger a replay of the trauma accompanied by strong emotional reactions.
- **Avoidance:** Evading activities, places, or people that remind you of the trauma.
- **Numbing:** Experiencing a loss of emotions, usually positive emotions.
- **Arousal:** Excessive physiological activation and a heightened sense of being on guard. Arousal also includes difficulty sleeping and concentrating.

Length and Severity

To qualify for a formal diagnosis, the symptoms must persist for over one month, cause significant distress, and affect the individual's ability to function socially, occupationally, or domestically.

How do I get an evaluation?

The diagnosis should be made by a mental-health professional, usually following a formal evaluation by a psychiatrist, psychologist, or clinical social worker who is specifically trained to assess psychological problems.

What are other common problems?

- Drinking or drug abuse
- Employment problems
- Physical symptoms
- Feelings of hopelessness, shame, or despair
- Relationships problems including divorce and violence

What can I do if I think I have PTSD?

- Early treatment may help reduce long-term symptoms.
- Talk to your family doctor.
- Talk to a mental health professional, such as a therapist.
- If you're a veteran, contact your local VA hospital or Vet Center.
- Talk to a religious leader.
- Fill out a PTSD screen and take it with you to the doctor. An online PTSD screen is available at www.myhealth.va.gov.

Why seek help?

- Early treatment is best. Symptoms may get worse, so getting help right away is important.
- PTSD can hurt your family life: You may find that you pull away from loved ones.
- PTSD can be related to other health problems: Symptoms can cause other health problems, such as heart trouble.
- It may not be PTSD: Having symptoms of PTSD does not always mean you have PTSD. Some of the symptoms of PTSD are also symptoms for other health problems. For example, trouble concentrating or feeling less interested in things you used to enjoy can be symptoms of both depression and PTSD and different problems have different treatments.
- Get Help – Call the 24 Hour National Crisis Hotline

If you are in an immediate crisis, please go to your nearest Emergency Room, or call 911, or call 1-800-273-TALK (1-800-273-8255) to talk to someone. This information was obtained from the U.S. Department of Veteran Affairs website (www.va.gov). For more information, veterans can call VA benefits hotline at 1-800-827-1000.

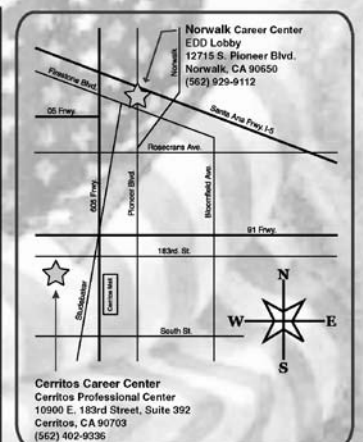
ATTENTION VETERANS!

If you are a veteran, who is unemployed, laid-off or in need of a career upgrade, we may have the answer for you.

**CAREER OPPORTUNITIES
ORIENTATION**

Cerritos Career Center
Cerritos Professional Center
 10900 E. 183rd Street, #392 (Third Floor),
 Cerritos, CA 90703
(Near the corner of Studebaker and 183rd, behind the Volvo dealership)
Third Wednesday of the Month
8:30am - Noon

Norwalk Career Center
Norwalk EDD
12715 S. Pioneer Blvd, Norwalk, CA 90650
Third Thursday of the Month
8:30am - Noon



Hosted in cooperation with Norwalk-EDD and SELACO WIB

SELACO WIB is an equal opportunity employer/program operator. Serving the following seven cities: Artesia, Bellflower, Cerritos, Downey, Hawaiian Gardens, Lakewood and Norwalk.
Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY (562) 860-7657, OHS 9600 735-2922



AMERICAN LEGION SCHEDULE OF EVENTS



Norwalk American Legion Post 359
11986 Front Street • Norwalk, CA 90650

Steak Lunch Every Wednesday • 11:30am - 2:30 p.m.

Karaoke Every Saturday • 7:30 p.m.

Karaoke Every Saturday • 7:30 p.m.

Post Meetings 2nd Thursday of Each Month • 7:30 p.m.

Auxiliary Meetings 2nd Wednesday of Each Month • 7:30 p.m.

Turkey Shoot November 17 • 7 p.m.

Ben Almondson One Man Band Dinner Show November 30 • 7 p.m.

Auxiliary Christmas Bazaar December 2 • 2-7 p.m.

Dip A Dinner December 2 • 5-7 p.m.

Adult Christmas Party & Pot Luck December 15 • 5-7 p.m.
(Raffle Prizes & Karaoke)

Children's Christmas Party December 16 • 12noon - 3 p.m.

Pack Food Baskets December 17 • 8 a.m.

New Year's Eve Pot Luck December 31 • 5-10pm & 10pm - Midnight
(Band/dancing)

COMMUNITY CALENDAR OF EVENTS

November 17 Holiday Boutique, Norwalk Senior Center, 14040 San Antonio Dr., 9 a.m. - 2 p.m., Event is free and open to the public for information call 929-5580

November 20 Norwalk City Council Meeting, 6 p.m., City Hall Council Chambers, 12700 Norwalk Blvd.

December 1 City of Norwalk SnowFest, Holiday Boutique & Tree Lighting Ceremony, 10 a.m. - 8 p.m., Civic Center Lawn, 12700 Norwalk Blvd.

December 4 Norwalk City Council Meeting, 6 p.m., City Hall Council Chambers, 12700 Norwalk Blvd.

December 8 City of Norwalk Senior Center's Holiday Dance, 4:30 - 8:30 p.m., \$10 per person, for information call 929-5580

December 18 Norwalk City Council Meeting, 6 p.m., City Hall Council Chambers, 12700 Norwalk Blvd.

Norwalk Now is published monthly to inform residents of events and issues shaping the future of Norwalk. Comments or questions are welcome and may be directed to the Community Information Office, City Hall at (562) 929-5735. © 2007 City of Norwalk.

Recycle Your Christmas Tree!

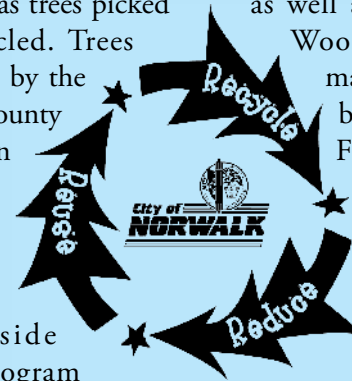
Beginning December 26, 2007 and running through about January 18, 2008, Norwalk residents can have their Christmas trees picked up and recycled. Trees will be reused by the Los Angeles County Sanitation District as compost and landfill cover.

If you are a curbside collection program customer, simply place trees at the curb on the same day as your trash collection. If you live in a multi-family dwelling, you can place your trees next to your regular trash containers. In both cases, a separate truck will collect the Christmas trees. This is a free service.

Before placing your tree out, remove all decorations, including ornaments, lights, tinsel, and ornament hooks, as well as metal stands.

Wooden tree stands may be left on the base of the trees. Flocked trees are also OK. Do not place your tree in a bag. Trees over 8' tall need to be cut in half.

Each year, your participation enables the City to recycle more than 100 tons of Christmas trees. Recycling saves valuable landfill space and preserves our environment. For more information, please call the City of Norwalk at 562-929-5915.



City of Norwalk
12700 Norwalk Blvd.
P.O. Box 1030
Norwalk, CA 90651-1030

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ECRWSS

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